

STRESS RISK FACTORS

- **Stress exhaustion and the debilitating effects of stress are usually the result of a *high-risk life-style*, lived month after month, year after year. (Sound familiar?!)**

It is the *long term*
drain, unmanaged, that
wears us out. Not one
bad month or even a
bad year.

There are *ten risk factors* which increase your chance of stress exhaustion:

1) Negative Perception Habits:

Always looking at the gloomy side; getting up on “the wrong side of the bed” day after day.

2) Family Pressures:

These come in many forms and shapes.

None of us in families escape their pressures, although sometimes they are more extreme than other times.

demands:

Such as *military* life!

These are usually stressors beyond our control, such as: poor job satisfaction, lack of control over our work (kind of/amount/hours, etc.).

4) Work problems:

Conflict with co-workers, boring or tedious work, too much pressure, lack of training to do job well, unappreciative superiors. You know the rest!

**Chaplains know this as
the “savior complex!”**

**It is in trying to
respond to everyone
else’s needs all of the
time. As admirable as
this may be, it is also
very draining, and
points to a “needy”**

of responsibility,
without authority,
resources, or gratitude:

**We all feel this from
time to time. Lack of
empowerment, not
enough time to do the
job; no “Bravo Zulu’s”
in sight after a job well
done; no reasonable**

7) Negative coping patterns:

Faulty stress valves,
i.e.: alcohol/drug usage,
overeating, over-
sleeping, pouting,
temper tantrums,
blaming.

c) Personal tragedy.

**Trauma and major life changes such as:
divorce, death of loved one, a move (PCS) from a secure and well-known and liked place, deployment with unresolved issues prior to leaving.**

**No purpose, no goals,
conflicting values,
confused beliefs, lack
of loyalty, and just
generally not being in
touch with what is
important to us as
individuals and an
organization
(family/church/temple/t**

**10) Undeveloped
stress management
skills:**

**Relying on the same
style of coping for every
problem. No creative
problem solving. Not
learning from past
mistakes or failures.**

STRESS AND ANGER MANAGEMENT TECHNIQUES

1) Get enough *rest!*

2) Get enough

**5) *Accept things* and
situations that**

**6) *Learn to relax* and
enjoy the
present moment
“right here, right now!”**

**7) Learn to
*delegate.***

**8) *Break routines*
that are**

9) *Use relaxation methods and techniques wherever you are. These can be: reading, talking with friends/mentors, prayer and/or meditation, writing letters to loved ones,*

**10) *Keep a stress
and/or anger log
for two weeks if you
feel unusually
“stressed-out” or***

11) *Allow yourself
some degree of*

12) *Reward*
***yourself* when you**
handle a tough

**14) *Do not expect
perfection* from**

**Life is a journey of
learning about**

16) When all else fails, and stress or anger are out of control, *seek professional help* from your chaplain, medical departments, or the